



Staying Fit: The Ultimate Rightsizing

# SHAPE Info

*It's time to get into SHAPE!*

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## Army's Comeback

by: MAJ Stehle

In the much anticipated bout between the Nation's finest, the United States Army once again proved their determination and dedication by staging a dramatic comeback victory against the United States Navy and Marines during the Fall SHAPE Volleyball tournament.

There could not have been better weather for the players. Sunshine and slight wind made for almost ideal conditions. Several spectators showed up to cheer on their teams and were not disappointed.

In the best of three, the Navy/Marine team took a quick lead in the series with a 25-21 victory. The Army, looking a little bedraggled after the first game, was able to muster a comeback with a slight modification in lineup. Colonel Kevin "Dig'Em" Dietrick provided some great support and helped maintain focus of the Army team to get them back into the fight. A rally in the second game tied it up with one win each.

During the final game, a rally point match played to 15, the Army came out swinging. Gene "Kill It" Strickland and Major Robert "Super Spike" Smith partnered for some classic bump, set, spike action. The Army's victory in the last game decided the outcome.

A great time was had by both teams. The spirits of competition and teamwork carried on afterward as members from each side remained after the game to integrate for some more volleyball fun afterwards.

Both sides are eagerly eying the upcoming SHAPE Flag Football Tournament. Be proud of your teams, they both played well!



**Army / Air Force Winning Turkey Bowl Team:** MAJ Robert S. Smith, MAJ Brian C. Stehle, MAJ Donald G. Stewart, COL Kevin M. Dietrick, LTC Joseph A. Giunta Jr., MSG David Lanham, SGT Jabari L. Swinton, Gene Strickland



**Navy / Marines Volleyball Team:** Front Row (Left to Right): ET2 Phil Corpuz, LT Jeff Sowa, STGCM Chris Weller, ET1 Ryan Davis, Patrick Wong; Back Row: LT Hong LE, ET1 Scott McComas, STCS John Tabor, and AT2 Scott Guidrey





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**Navy / Marines Winning Turkey Bowl Team:** Top Row: FCCM Greg Sullivan, ET2 Phil Corpuz, Kevin Portanova, CO Larry McCracken, LT John Weston, Blake Shackelford, MA2 Michael Bradford, Bill Robertson, XO Stephen Burris; Bottom Row: Rocco Portoghese, ET1 Scot McComas, Jesse Gusse, Rick Neff, Craig Wright



**Army / Air Force Turkey Bowl Team:** Top Row: Walt Pezzolo, Mike Wright, Chad Pennington, LTC David Riggins, MAJ Brian Stehle, Jason Graham, Jeff Goodman, Ed Stead, Paul Smith; Bottom Row: Jacob Birmingham, Pat Concilio, Tony Martin, SGT Jabbari Swinton, CPT Andre Johnson

## OH HOW THE TIDES HAVE TURNED!

by Blake Shackelford

With a 3-year losing streak in the books, the Navy/Marine Corps decided this was the year to show up and play. The Navy/Marine Corps came off an embarrassing defeat last year, but showed what damage they can do by annihilating the Army/Air Force **48-0!** According to seasoned-veterans of the Turkey Bowl this was the worst defeat in Turkey Bowl history. On this day, the Navy/Marine Corps could do no wrong and capitalized on every mistake the Army/Air Force made.

The game started with the Army/Air Force receiving the kickoff. After only three passes by first-year quarterback Pat Concilio, Turkey Bowl veteran "Wild" Bill Robertson picked him off. Now with the Navy/Marine Corps on offense, their very first play of the game could now be looked at as a foreshadowing of what was to come. Third-year quarterback Blake Shackelford threw his first pass of the day to his leading receiver and Turkey Bowl MVP Jesse Gusse, who then turned and ran for 20 yards and just before getting his flag pulled, pitched it to Rocco "Rock" Portoghese who ran the ball the rest of the field for the Navy/Marine Corps' first touchdown of the day. With the Navy/Marine





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### TIDES TURNED Continueud:

Corps up 7-0, they never looked back! The Army/Air Force quarterback duo of Pat "The Cat" Concilio and Jason "Overgrown" Graham, were picked off a Turkey Bowl record 7 times. The only highlight to mention for the Army/Air Force, was a touchdown run called back from a penalty that only gave them false hope. The Navy/Marine Corps subsequently stopped that drive by intercepting the ball. On the other hand, the Navy/Marine Corps had great stats across the board. This year, every player on the Navy/Marine Corps team contributed in one way or another.

First time Turkey Bowler and defensive MVP MA2 Michael "Vick" Bradford led the defensive stand with 2 INTs, 1 sack and an extra point. Along side him on the defense was 2<sup>nd</sup> year man LT John "Stretch" Weston, who amassed a staggering 2 sacks, 10 pulls and 1 INT. The rest of the ducks thrown by the Army/Air Force were snatched out of the air by Rocco "Rock" Portoghese, Jesse "Go To" Gusse, Craig "Two Wrongs Don't Make A" Wright and Rick "Nuff Said" Neff. The offensive side of the ball was no different for the Navy/Marine Corps as literally everyone of the team contributed. Adding to the Navy's offensive firepower was 2<sup>nd</sup> year "double-quarterback" Kevin "Portly" Portanova who's accurate passing was unstoppable. Kevin also caught two passes, running one of them in for a touchdown. Offensive MVP Rocco "Rock" Portoghese had his breakout game this year by scampering for two touchdowns to



**Navy Touchdown Run during SHAPE Turkey Bowl:** Rocco "Rock" Portoghese has the look of determination on his face, as he races to the endzone.

go along with his INT. Bill Robertson, Jesse Gusse, and newcomer Craig Wright – who is poised to be a dominating force in years to come, provided the three other touchdowns by the Navy/Marine Corps. In addition, Blake Shackelford was able to redeem himself from last year's mishap and pull his troops together, by throwing for 6 TDs and scoring one on a run. All in all it was a great game with some big excitement. A big thanks to all the fans who showed their support by coming out and cheering for their teams, and making the Turkey Bowl the huge success that it is. Maybe the Army/Air Force can get their act together next year, but until then, the trophy is staying in house! Go Navy/Marine Corps!

## Blood Drives

PEO STRI will host the **Army Blood Drive** on both 10 Feb 05 and 17 Feb 05. Appointments are no longer required. POC for this event is Bev Fisher, 407-384-3512

Blood and its derived products are some of the only natural materials that science has yet to find a way to develop synthetically. It is the "gift of life" that only human beings can give to one another.

Center employees may donate at either Navy or Army Blood Drives; credit will be provided to the Blood Drive account that you desire to provide credit.

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## SHAPE's Motivational Fitness Fair

On **9 Feb 05**, SHAPE will sponsor our Spring Motivational Fitness Fair. Our Fair will be 0900-1200, in deFlorez 1041.. This event is open to all Center employees (including contractors). The intent of this event is to motivate all employees to get into a regular exercise routine. There will be info on SHAPE discounts at local facilities. There will be free snacks courtesy of CMWRA and SHAPE.

Blood Tests (such as **Cholesterol and PSA**) will be available for a fee from **0800-1000 (same location as Fair)**:

FREE Events  
(subject to change):

Body Fat Analysis	World Gym
Nutrition Info	FDA
Cardio Health Info	Orange County
Fitness Info	YMCA
Fitness Info	UCF Rec Services
Fitness Info	Lifestyle Family Fitness
Local Park Info	Orange County
Scuba Info	Scuba World
Karate Info	Central Florida
	Championship Karate

## Blood Tests

During our 9 Feb 05 Motivational Fitness Fair, 0800-1100, **Cognoscenti Health Institute** will provide all of the tests below. The test results would be ready the next morning.

<b>Fasting Glucose</b> .....	\$5
<b>Fasting Insulin</b> (not useful by itself)	\$14
<b>Insulin Resistance Index</b> (Including Fasting Glucose and Insulin) .....	\$19
<b>Lipid Panel</b> .....	\$8
Includes the following tests:	
Triglyceride / Cholesterol	
HDL Cholesterol / LDL Cholesterol	
<b>VLDL Cholesterol Homocysteine</b> ...	\$16

Package of the above Tests ..... \$39

<b>Hepatitis B Panel</b> .....	\$20
Includes Hepatitis B Surface Antigen And Hepatitis B Surface Antibody	
<b>Hepatitis C Virus Antibody</b> .....	\$15
<b>Ferritin</b> .....	\$12
<b>CBC (Complete Blood Count)</b> .....	\$10
<b>Highly sensitive CRP</b> .....	\$15
<b>PSA (male only)</b> .....	\$9
<b>H.Pylori Screening</b> .....	\$16
<b>Rapid HIV Testing</b> (Results available in 20 minutes with >99.9% accuracy, confirmation testing and referral included for positive result) .....	\$45
<b>Standard HIV testing</b> (results in 1 to 2 days) .....	\$15

## Friends of Fleet Fitness Training

On **23 Feb 05**, 1000-1045, World Gym, will lead Fitness Training (to include such concepts of proper usage of the machines, focus on muscle contraction/elongation, range of motion, and proper breathing). This will be held in our Friends of the Fleet Center (deFlorez 1<sup>st</sup> Floor, north end of building).

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" Walk-ins are welcome.

The Friends of the Fleet fitness equipment is available for all center employees, including support contractors. Only requirement is that you complete the Release of Liability form (located in the rack in the room).

In order to balance your workout, this center has exercise bikes, Treadmill, and Lifecycle Stepper.

This is an excellent opportunity for you to begin your on-site exercise program for 2005!!

## Research Park "Joint Service"

### 2-mile Run / Walk

Please make plans to attend the AFAMS-sponsored bi-monthly Research Park "Joint Service" 2-mile Run / Walk on 11 Feb 05 and 25 Feb 05 (Friday) at 1450. Location will be Blanchard Park (please use the Rouse Road gate). The park is located on Rouse Road (between University and E. Colonial). You may park in the YMCA parking lot. The event will begin where the Running Path begins near the basketball courts.

AFAMS cordially invite participants from our Army, Navy and Marines organizations to join us! Everyone is encouraged to participate whether you run, jog, walk or crawl! You know your limitations, so please come out and join your Research Park Joint Service family! Running will commence promptly at 1500. Prior to the run, there will be stretching exercises.

## SHAPE Ideas .... contact:

Gary Ashland	407-384-3945
Linda Yeakle	407-384-3524
Lorraine Tuliano	407-380-8683
Annie Lopez	407-380-8475
Karen Witmer	407-384-5129
CAPT Rachel Castellon	407-208-5773
MSgt Jim Darity	407-208-5732

NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

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